

BARSTOW LOG

SUPPORTING MCLB'S VISION FOR THE 21ST CENTURY

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Marine Corps Logistics Base Barstow, California

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Check out the Marine Corps Web site.

<http://www.usmc.mil>



<https://www.barstow.usmc.mil>



Photo by Curt Lambert

BATTALION CHANGES HANDS: Maj. Brian T. Ballard passes the Headquarters Battalion colors to Maj. Clarence T. Guthrie III during a ceremony at Joseph Boll Field Aug. 21. The passing of the colors is symbolic of the changing of the commanders.

MCB gets TOW contract

'Special weapons' CWC seizes Army missile launcher project

By Sgt. Joseph Lee
BARSTOW LOG staff

Of the weapons used on today's battlefield, the TOW missile launcher is one of the most utilized, versatile and technologically advanced.

This tube launched, optically tracked, wire guided missile has night sights that read infrared heat signals capable of seeing objects through clouds, dust or complete darkness.

These sight systems are so

technical they require precision maintenance that can only be performed by one team of civilian Marines working in the special weapons section at the maintenance center.

This precision maintenance combined with teamwork and a wealth of passed down knowledge is what earned this team a contract from the Army to modify 216 night sights to be fit for sale to four allied countries.

Originally, the contract belonged to a machinist company

in Massachusetts that unsuccessfully attempted to build from scratch the newer hybrid model night sights used by the military today.

"The company's prototype could not pass the first article of testing," said Leonard T. Castro, electronic measurement equipment mechanic for the special weapons section.

The rigorous first article of testing includes shaking of the

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TSP postpones new system

New Internet-accessible record keeping system off-line until November

FRTI Board Press Release

American Forces Press Service

WASHINGTON – Federal Thrift Savings Plan investors who are looking forward to the daily transactions promised by a new record keeping system will have to wait at least another two months.

Officials of the Federal Retirement Thrift Investment Board, which oversees TSP, announced Aug. 20 that the new system will debut in November instead of September, as previously reported.

They said they will firm up the schedule in September based on the results of ongoing data conversion and system testing.

In general, the new system will allow for daily account valuations and daily transaction processing.

It also will report account balances in both shares and dollars, offer a greater number of withdrawal options, and provide online service for loans and withdrawals.

The new system was developed on time and within budget, officials said. Its debut is being delayed, however, to ensure all its functions are fully tested in parallel with the current record keeping system.

"Parallel testing," they said, involves running both systems separately using the same, real data submissions from participants.

They said the testing has not been conducted because the several billion TSP investor records created since the plan started in 1987 took longer than expected to convert for the new system.

They said analysts are screening records now to confirm accurate, complete conversions.

The TSP is similar to 401(k) retirement investment plans offered by private-sector companies.

Nearly 3 million civilian employees and uniformed service members have TSP accounts totaling some \$98 billion, officials said.

Editor's Note:

For more information visit the official Thrift Savings Plan Web site at www.tsp.gov. A leaflet, "How the TSP Is Changing," summarizes the changes and is available on the TSP Web site.

The pros and cons of being ‘whipped’

Marriages mean more than financial bonds

By Staff Sgt. Stephen Gude
THE SCOUT staff

With all this talk about marriage and Marines, some things - very important things - get lost in all the talk about whether young couples are financially ready, given the Marine lifestyle. One of the most important things, after all the practical considerations, that is rarely discussed between newlyweds is “whip” appeal. You know what I mean. You’ve all seen it at the exchange, at the commissary, or when you hear that macho Marine become soft and gentle when he’s on the phone with his wife or girlfriend.

The guy’s whipped. That’s not necessarily a bad thing, although it is always funny to see. For instance, I’m whipped, and people thoroughly enjoy it. They think it’s funny to see me, Mr. Smack-talk himself, turn into a quivering bowl of gelatin when my wife says something on the phone. To tell the truth, I don’t mind being whipped. It takes away a ton of responsibility. I don’t have to think about a lot of things, because my wife does them for me, which leaves me plenty of brain cells to worry about important stuff, like why in the world is there not a video of Kobe Bryant’s greatest

moves and dunks, or where I want to display my Ferrari models in my house. The things my wife thinks about for me, such as “Don’t worry about the bills, I will pay them,” or “The trash is overflowing, can you take it out?” makes life that much simpler. In turn, I do things she doesn’t have to think about, such as lifting my feet when she vacuums past or letting the lid down on the toilet. Or should I leave it up? I never get that right. OK, just kidding. I don’t actually move my feet. I wait until she runs the vacuum over my knurled toenails. That’s a pretty subtle hint, right? A lot of men won’t admit to being whipped. They think it’s not manly to be whipped. I’ll tell you what - there’s no one who is more

of a man’s man than my dad, and he’s so whipped it’s subliminal. Once he was trying to shoot pool with his three sons, when my mom gave him the look. You know what I’m talking about - all women have “the look.” My mom’s look is to squint one eye, sort of like Clint Eastwood does in one of his spaghetti westerns to Lee Van Cleef. All my mom needed was a stubby cigar and a cowboy hat. My dad said, “What?” and my mom said, “You know what side your bread is buttered on.” My dad went to his favorite recliner, sat down and grabbed the remote. My mom stared at him until she was satisfied there would be no back talk. Meanwhile, his three sons went out.

Unlike my dad, a lot of men don’t know when they’re whipped. Therefore, as a whipped veteran, I have devised a handy guide for you to know when you’re whipped. There are degrees of whippedness but suffice to say, if you check the block in any of these, you’re whipped:

- You buy girly cigarettes for your wife. (My wife doesn’t smoke, so I don’t have this problem.)
- You carry her purse while she shops. (I refuse to sublimate my manliness like this. It’s bad enough I’m in a woman’s store with her. And why in hell are the female dressing rooms always in the women’s underwear sec

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Holy reunions

By Lt. Cmdr. Elmon R. Krupnik
Base Chaplain



I was attending an educational seminar this past weekend at a hotel. The hotel had many other events going on at the same time. It was interesting to see that three different high school reunions were taking place. Reunions can be very special times in which joys and successes can be shared.

They can also be places where sorrows and failures are shared. Reunions are reminders that life, with its ups and downs, continues. All of us have events in our lives that change and shape us. The Bible tells us to not be afraid of change because our faith is there to help us and sustain us through that change. Hebrews 13:5-6 states, “*Let your conversation be without covetousness; and be content with such things as ye have; for he hath said, I will never leave thee, nor forsake thee. So that we may boldly say, The Lord is my helper, and I will not fear what man*

shall do unto me.” What sees us through times of change is our relationship with God. As with all relationships, the meaning and the value of it depends on how much time we spend with it and how much of ourselves we are willing to give to the relationship. Although God is always there for us, as He has promised to be, the strength that we can draw from our faith and that relationship depends on how strong our relationship is with Him. We need to have constant “reunions” with God. Those reunions should be a time of celebration of our individual anniversaries with God, a reminiscence of what He has done for us in the past, a time when we tell God about our lives, our successes and failures, a time of recognition that God values us just the way that we are, and a time of fellowship to know that our relationship with God will continue. Let us continue to have our individual reunions with God daily, and allow that relationship with God to give us the strength that we need to help us through the changes in our lives.

Blessings to all,
Chaplain Krupnik

Just did my job ...



Photo by Sgt. Joseph Lee

Staff Sgt. Gregory Stone receives his orders to report to the Fleet Marine Corps Reserve after 20 years of honorable and faithful active duty service to the Marine Corps Aug. 22 at his retirement ceremony at Joseph Boll Field. Stone is now seeking an associates degree at Arizona Western College.

Chapel Services	Catholic Rosary	Nebo Bible Study
Protestant Sun. 8:30 a.m. Mass Sun. 10:30 a.m.	First Saturday of every month. 3 p.m. at the Base Chapel. For more info call 577-6849.	Wednesday Noon–1:30 p.m. At the Chapel Office. For more info call 577-6849.
Confession services before Mass		



Marine Corps Logistics Base Barstow, California
Colonel Ingrid E. Bergman, Commanding Officer



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NEWS BRIEFS

"News Briefs" is designed to disseminate information to the MCLB Barstow community. Submissions should include a point of contact and phone number, and be received by noon Fridays for the next week's issue. Submit news briefs via e-mail to editor@barstow.usmc.mil.

Interstate 15 construction

The California Department of Transportation and California Highway Patrol are urging motorists to stay within designated travel lanes while traveling southbound on Interstate 15 from Barstow to Victorville during the I-15 widening construction.

Caltrans has constructed a temporary access lane to transport construction equipment and function as access for emergency vehicles responding to victims of traffic collisions. During heavy southbound traffic, some motorists are driving on this unpaved lane to bypass congestion. The unpaved lane adjacent to I-15 is not a designated

travel lane.

For the safety of construction crews and the motoring public, Caltrans and the CHP advise drivers to stay within the paved, designated travel way. CHP will conduct increased enforcement throughout the duration of the I-15 widening construction project and motorists will be cited for driving on the unpaved access road. Traffic fines are doubled within construction zones.

To contact the CHP regarding high desert highways, call Lt. Joe Flores at 760-256-1727.

Kindergarten Readiness Program

The Children and Youth Programs' Kindergarten Readiness Program is scheduled to begin Tuesday at the Child Development Center.

Beginning at 8:30 a.m. the three-hour classes run Mondays through Fridays and are open to children who turn 5 on or before Dec. 1, 2003.

For more information call 577-6287.

Swimming pool closures

The Oasis Club pool is scheduled to close Tuesday and the Family Pool located at the Base Gym is scheduled to close Sept. 28, also starting Tuesday the Family Pool will be closed Mondays through Thursdays and open Fridays, Saturdays and Sundays from 11 a.m. to 1 p.m. for lap swimming and 1 to 7 p.m. for open swimming.

For more information call Semper Fit, 577-6971.

Pass and ID temporary closure

The Pass and ID section at MCLB Barstow will be closed Monday until Sept. 11. During this time the section will be upgrading its ID card system and receiving training in its application.

Starting Sept. 12, the Pass and ID section will begin accepting appointments for issuing ID cards. Please call 577-6969 or 577-6371 to make an appointment.

Walk-ins will be assisted between appointments if time permits; however, appointments are encouraged.

If an active-duty military member, family member or retiree needs an ID card during the closure, call the ID card section at Twentynine Palms at (760) 830-5365 or the ID card section at Edwards Air Force Base at (661) 277-1110 for assistance.

Sept. 11 commemoration ceremonies

The base's Sept. 11 commemoration ceremony is scheduled to begin at 8 a.m. at the base flag pole in front of Building 15. Guest speaker for the event will be Lt. J. G. Daniella M. Kolodny, a U.S. Navy Chaplain Candidate who was in New York when the towers were hit and has been in Israel

for the past four to five months and witnessed recent terrorist attacks. She lost friends during both events. For more information contact Lt. Col. Charles M. Hamilton, base executive officer, 577-6556.

The City of Barstow's Sept. 11 commemoration ceremony is scheduled to begin at 9:30 a.m. at Barstow Community College. For more information contact Lawrence Dale, City of Barstow mayor, 256-3531.

The Silver Lakes, Calif., Sept. 11 commemoration ceremony is scheduled to begin at 7 p.m. at the Silver Lakes Community Club House in Silver Lakes, Calif. For more information contact Jim Whittle, 245-1450.

4th annual Main Street USA Run

The 4th annual Main Street USA Run is scheduled to hit the streets of Barstow Sept. 14 and 15. The two-day event produced by the Barstow Area Chamber of Commerce is a benefit for the Boys & Girls Club of Barstow and other local charities.

Sept. 14 the event begins at 10 a.m. with a Poker Run starting at the historic Harvey House.

Later in the evening (5 p.m.), there will be a cruise on Route 66 for the car show entries from the park and ride on L Ave. to Skyline Drive-in on Old Highway 58.

This cruise will culminate in the day's featured event at the drive-in.

The drive-in event will include bands, food vendors, show car parking, classic and first-run movies, and a chance to win a trip for two to Hawaii. Tickets for the event can be purchased at the Barstow-area Chamber of Commerce.

More than 300 classic, custom and late model cars along with Harley Davidson motorcycles will line historic Route 66 - Main Street in Barstow from 1st to 7th Street - on Sept. 15 from 8 a.m. to 3 p.m.

In addition to the show vehicles, the street event will include music, food vendors, a kids' area with barrel racing among other family entertainment.

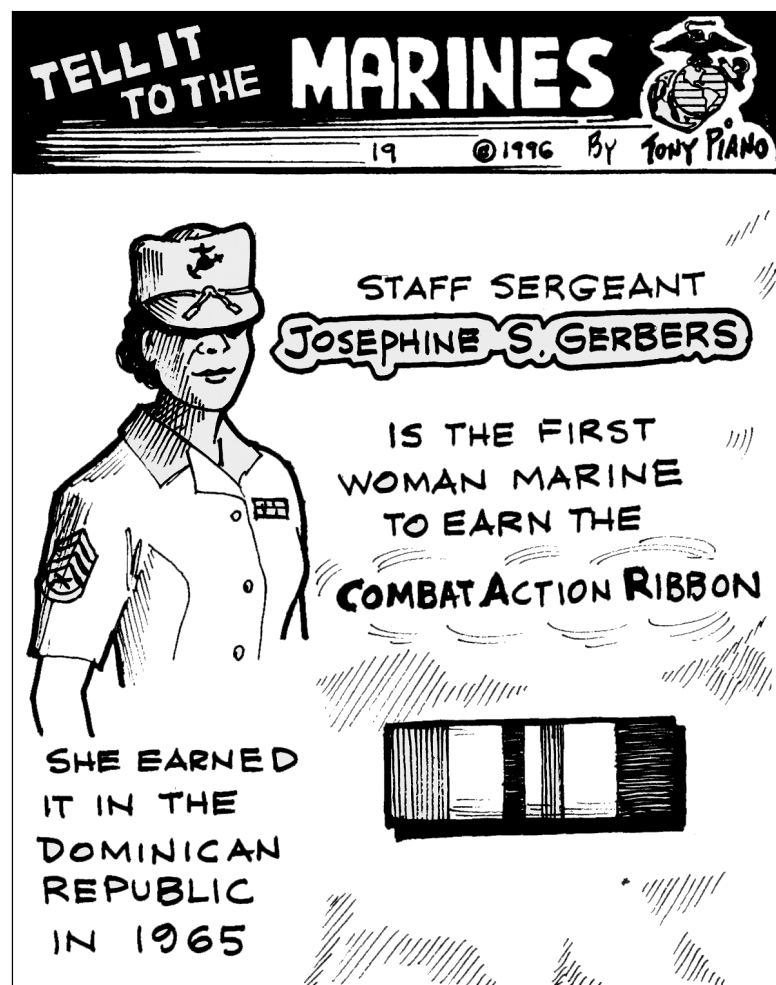
For more information on the event, contact the Barstow Area Chamber of Commerce, 256-8617, or go the chamber's Web site www.barstowchamber.com for complete event details and registration forms.

Maintenance Complaint line

To report complaints about repair and maintenance work on real property, i.e., base buildings, excluding housing, call 577-5159.

Single Marine Program

The Single Marine Program will be taking a trip Sept. 21 to the Rose Bowl to see the UCLA Bruins play the Colorado Buffaloes. There are 30 spaces



available for that trip.

Meetings are held every Tuesday at 2 p.m., in the conference room in Building 302. Eligible Marines who would like to sign up for any of these events should e-mail Lance Cpl. Daniel Humble or Lance Cpl. Joshua Pascua.

Hispanic Heritage Month Luncheon

Tickets for the Oct. 3 Hispanic Heritage Month Luncheon at the Oasis Club are on sale for \$7.50 until Sept. 24. Army Capt. Lorenzo Rios, Movement Control Center commander at MCLB Barstow, is the guest speaker for this year's observance, which is themed "Strength in Unity, Faith and Diversity."

The luncheon will begin at 11 a.m. and end at 12:30 p.m., and includes chile verde, beef enchilada casserole and tea. For tickets or for more information contact one of the following Hispanic heritage committee members:

Marva Johnson	577-6965
David Mendez	577-7452
Ed Tintos	577-7193
Delane Gutierrez	577-7580
Gunnery Sgt. John Cordero	577-6449
Anita Lewis	577-6788

CWRA trip

The Civilian Welfare and Recreation Association is planning a trip to see the New York Yankees play the Anaheim Angels Sept. 27 at Edison Field in Anaheim. There are 25 tickets for sale. The field-level seats cost \$15, and it costs \$22 for a ticket and travel

to the game. For more information, call Bruce Rowe at 577-7207.

Health and fitness library

Base Gym patrons can check out fitness videos and strength and conditioning journals available at the gym. Videos can be checked out for use while in the gym or to take home for use. Journals can also be checked out for use in the gym or overnight use. Hours for the Health and Fitness Library are Mondays through Fridays from 6:30 a.m. to 2 p.m.

To check something out outside of these hours contact Jennifer Wales, 577-6817, walesjm@barstow.usmc.mil.

Blue Cross of California

The Human Resources Office contacted Blue Cross of California concerning Blue Cross "California Care" enrollees currently signed up with Desert Valley Medical Group who have received a letter indicating that Desert Valley Hospital is no longer a participating contracted hospital with Blue Cross, effective July 26, 2002.

The Desert Valley Medical Group and all associated doctors are still participating members of Blue Cross. Enrollees do not have to change their groups or doctors.

If they have an emergency and are taken to Desert Valley Hospital Emergency Room, they will be treated and then transported to another contracting hospital. For more information visit the Blue Cross California Care Web site at <http://www.bluecrossca.com>, or call (800) 235-8631.

Military mixer

The annual community-wide Military Mixer will be held at the Ft. Irwin Leader's Club Sept. 17.

The event, which starts at 6:30 p.m., is co-sponsored by the Military Affairs Committee of the Barstow Area Chamber of Commerce, Marine Corps Logistics Base, National Training Center, Fort Irwin and the Veterans Home of California-Barstow.

This is the 12th year individuals of all military ranks and civilian walks of life will gather to become better acquainted and strengthen relationships in a friendly and social atmosphere for the betterment of local military and civilian communities.

Advance tickets, which include an ample array of delicious heavy hors d'oeuvres, are \$12 for military officers, civilian leadership and military enlisted E-6 and above. Cost for military enlisted E-1 to E-5 is \$7. Tickets are \$14 at the door except for "will call."

The buffet menu includes: Hot, spicy and plain drummettes, meatballs, petit fours, meat, cheese, relish and fruit trays, rolls, chips and dips, punch, iced tea and coffee.

A no-host bar will also be available.

Tickets are available at the MCLB Public Affairs Office, Bldg. 15, the Chamber of Commerce, 409 E. Fredricks, the Veterans Home of California-Barstow, 100 E. Veterans Way and the NTC/Ft. Irwin Public Affairs Office, Bldg. 983. For food preparations purposes attendees are requested to purchase tickets by Sept. 11.

For more information or to order "Will Call" tickets contact the Chamber of Commerce at 256-8617.

AROUND THE CORPS

‘Learnin’ the ropes’

By Cpl. Anthony R. Blanco
THE SCOUT staff

MARINE CORPS BASE CAMP PENDLETON, Calif.— Marines from Fox Company, Battalion Landing Team 2/1, 15th Marine Expeditionary Unit, put their lives on the line to save a simulated casualty while descending down a 50-foot cliff at Red Beach here during the Assault Climbers Course Aug. 6.

This course is designed to test the Marines’ minds and bodies under stress during the grueling five-week training evolution, which acts as a stepping-stone for future cliff assaults and raids. The training at Red Beach was the first time the Marines tested their classroom knowledge of the rope suspension system called a “barrel boy.”

The course has approximately a 50 percent attrition because it is so challenging, said Sgt. Dylan A. Bender, assault climber instructor, Special Operations Training Group, I Marine Expedition-

ary Force. The course is structured to challenge the students’ climbing abilities, rope work and survivability at high altitudes, according to Bender. “One reason we have high standards is because it’s their life or someone else’s life that they’re responsible for.”

In order to maintain a realistic environment, the students are required to train with their combat gear plus the load of their climbing equipment to simulate combat conditions. Besides perfecting their mountaineering skills, Marines also learn how to transport casualties.

The SOTG instructors take full advantage of Camp Pendleton’s varied terrain to test the students’ skills and techniques.

“By training out here it puts everything into perspective. You’ll see Marines double checking their knots - double checking everything,” Bender said.

They use the cliffs by the coastline to

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Photo by Lance Cpl. Matthew J. Decker

Cpl. Chris L. Pugh, 26, a native of Owasso, Okla. and a squad leader in F Company, Battalion Landing Team 2/1, 15th Marine Expeditionary Unit, pulls a simulated Marine casualty down a cliff, during the Assault Climbers Course on Red Beach at Camp Pendleton, Calif., Aug. 6.

Dietary supplements:

Are they really good for you?

By Brian Badura
Bureau of Medicine and Surgery

WASHINGTON, D.C. – Dietary and herbal supplements are everywhere – in food, drinks, pills, and powders. Navy Medicine advises personnel to get all the facts when using these products.

Supplements, like prescription and over-the-counter products, can have side effects. Like other drugs, service members should understand the implications of taking these products.

“We know our people are spending money on these products, and are concerned about their level of knowledge related to their use,” said Capt. Bonnie Holder, head of health promotion at the Bureau of Medicine and Surgery.

Dietary supplements include, with some exceptions, any product intended for ingestion to complement food and drink. Products falling into this category can include vitamins, minerals, herbs, botanicals, and other natural and manufactured products.

Most dietary supplements are marketed as having a health-related benefit, such as weight loss. An important point

to remember is that, in many cases, the benefits associated with a product may come with risks, so it’s important to read the label, follow the recommended dosage, and heed all warnings.

Over the years, a number of side effects related to dietary and herbal supplements have been reported. Hazards range from nervousness and dizziness to heart attack, seizures, and even death. The Army has linked the cardiac related death of a soldier to the use of dietary supplements Ma Huang and Guarana.

Just because a product says “natural” on the label, it doesn’t guarantee it’s safe.

“Think of a poisonous mushroom,” says Elizabeth Yetley, Ph.D., director of the Food and Drug Administration’s Office of Special Nutritionals. “They’re natural.”

While most people may think of dietary and herbal supplements as related to other common drugs, many of these products actually fall under the umbrella of “foods”, which means a different set of FDA regulations apply. Unlike prescrip-

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conduct cliff assaults and for evacuating simulated casualties and the vast mountain on base for rock climbing. Pendleton is also equipped with a large Military Operations in Urban Terrain facility where students practice climbing on buildings, swinging into rooms and moving from rooftop to rooftop.

“It’s imperative that the Marines who graduate this course have the knowledge to get their squad up a cliff side or on top of a building,” Bender said. “Most of America’s major threats are going to come from an urban area or in a mountainous terrain.”

Marines make themselves and their squad less vulnerable to enemy attacks by learning how to conduct cliff assaults because the enemy usually doesn’t expect an attack to come from a dangerous area, according to Bender.

“Because we’re a superpower, nobody is going to fight us face-to-face like in the past,” Bender said.

Instructors allow no room for failure and require the students to learn how to adapt to different fighting techniques, whether in a small city or on a mountain. This approach to the training requires that the Marines be very strong physically and mentally.

Units can’t send Marines who are “from the bottom of the barrel” because they’re not going to pass this course, Bender said.

Students who are not up to the challenge or

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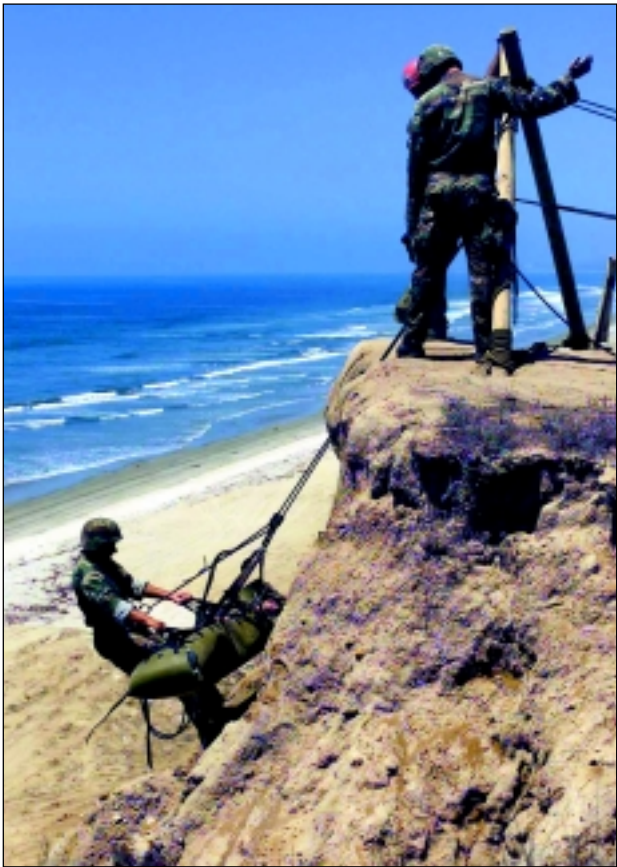


Photo by Lance Cpl. Matthew J. Decker

Marines from F Company, Battalion Landing Team 2/1, 15th Marine Expeditionary Unit, practice evacuating simulated Marine casualties down a cliff, during the Assault Climbers Course on Red beach at Camp Pendleton, Calif., Aug. 6.



Photo by Sgt. Joseph Lee

The red dewar is the heart of the TOW night sight system. A cryogenic pump (right) brings the temperature of the dewar detector to minus 300 degrees Fahrenheit so the sights can produce anything above that temperature into a viewable image.

TOWing their own weight

TOW from Page 1

gear, similar to a paint mixer, for two straight weeks, followed by exposure to extreme cold and hot temperatures to simulate the elements that might be exposed to the gear in the field, said Castro.

"The Army was going to seize the contract last summer when they asked us if it was something we could complete, so our supervisor jumped on the opportunity," Castro explained. "A couple months later we were driving the half-assembled sights across the country in U-Haul trucks."

In order to provide the foreign countries with their night sights in a timely fashion, Bradford S. Hart, special weapons section supervisor, and his team successfully modified excess older Marine Corps night sight systems into the newer hybrid models by adding \$10,000 worth of modifications.

Their six prototypes passed the Army's first article of testing and the section was awarded the contract to complete the remaining night sights.

"One of the key elements that allowed the systems to pass testing was the knowledge that has been passed down to us by our former supervisor, Ed Armstrong, who was a master of the TOW system as well as many other weapon systems used by the Marine Corps," said Castro.

According to Castro, one member of the team, James A. Sprayberry, also an electronic measurement equipment mechanic, created a modification to the lens switching assembly himself that literally rescued the project. In order to keep the assembly from binding up, which was a constant problem in the hybrid models, he replaced a portion of the switch with part of the better-working older model. The Army approved the modification, which could potentially save the military from future repair costs.

The night sight section constitutes one-third of the special weapons section, which also handles



Photo by Sgt. Joseph Lee

Leonard Castro, electronic measurement equipment mechanic for special weapons section, runs diagnostic tests on some of the electronic components of the night sight system.

the rest of the TOW missile system, Dragon systems and Javelin systems. The section supervisor takes on the additional work requests voluntarily, while the section simultaneously accomplishes its everyday mission for the Marines.

"Our Marine Corps tasks come first and foremost," said Castro. "Our section regularly repairs and reconstructs used night sights and other electronic weapons system components from the fleet."

According to Sprayberry, his section has been performing maintenance on the hybrid night sights for the fleet Marine force

since 1998. "It's fun working with this sort of high-tech equipment," he said. "I enjoy the heck out of it!"



Photo by Sgt. Joseph Lee

James Sprayberry, electronic measurement equipment mechanic for special weapons section, looks through a broken down sight system. Sprayberry was instrumental in allowing his section to continue with a recent Army contract through his initiative in creating an innovative modification to the sights.



Photo by Sgt. Joseph Lee

Ruben Fabunan, electronic measurement equipment mechanic, performs a function check on the night sight assembly, which is the tan portion located on top of the TOW missile system's normal sights.

NFLPRE season

By Rob L. Jackson
BARSTOW LOG staff

"Are you ready for some football, ready to party?" I'm ready that's for sure. Since January football fans nationwide have been feverously waiting for the start of the 2002 version of the National Football League.

Sept. 5 is when the real games begin, the pre-season feel-out-your-players and team stuff will be over and the 49ers and Giants will begin playing for keeps. From this point on every game counts, and for coaches and players alike their jobs will be on the line.

"Gunny's Picks" kicks off again and MCLB Barstow's football fanatics will get a chance to prove their prowess in predicting what teams will win each week. Understand that there will be some winners and, unfortunately, some losers. I've been disgraced a few times with my picks, but that's OK I'm a good loser at times.

Now that the stage is set for another unpredictable season, here are my thoughts for how the season will go, what teams will wind up in the playoffs, and which will sit at home watching with the rest of the losers.

It took forever before the league was realigned, and teams like Atlanta and Arizona are in the regions they should have been all along. Speaking of Atlanta and the NFC South, don't look for them to make too much noise, as Tampa Bay should have the conference locked up. After jumping from the "Black Hole" (Oak-town) to the "Big Sombrero," John Grunden has a group of players that could cause some problems for the division as a whole, both offensively and defensively.

In the Norris Division (sorry Chris Berman, I always wanted to use that), the NFC North, it's obvious which team to look for in the playoffs. You guessed it, Da' Bears. Surprised? Don't be. Usually, teams like the Da Bears, which had a great season one year, wind up being mediocre at best the following year. I don't see that happening here.

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tion? Have you ever chased a 2-year-old through aisle after aisle of satin panties and bras? "Son! Put down those panties! And get that bra off your head!" Totally embarrassing.)

- When your wife calls your name, you respond on the first yell. (Guilty ... sometimes.)
- When you're watching the game, she turns the TV and you don't com-

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SPORTS

PREDICTIONS

SON

the nucleus of the team is still intact and shouldn't suffer a lapse in their romp toward the playoffs. Super Bowl? Forget about it, unless its luck runs like it did in 2001, don't expect a serious championship run from them until maybe next year.

By the by, for all you Lions fans out there who haven't had much to cheer for in the last quarter century or so, Joey Harrington could make this team a playoff contender. Expect to see him as the starter as soon as the fourth game of the season.

Arizona has been moved to the AFC West where it should have been the first place, but that doesn't mean what it used to. Jake Plummer and the rest of the Cardinals will more than likely disappear after the sixth game of the season and try to make a run near the end. As usual, it'll be too late.

The Rams still have the division lead, and it doesn't seem like any team in the west is strong enough to dethrone them as the division champs. San Francisco is still a contender and good enough to be a wild card playoff team. Well, jumping from the AFC to the AFC, may have made a mistake but only time will tell.

Head coach Mike Holmgren is an AFC-style coach, considering the success he had at Green Bay, but the Seahawks have been slow to make the transition to the NFC-style of play, and the new uniforms don't do much to improve the team's image either.

Now for the best conference of the entire league, the NFC East – sorry, haven't transitioned to the West Coast yet and I refuse to do so. The East is stuck to dominating the league as it had in the early 90s. Da Boys are back, as are the Redskins. If I sound a little biased, I am! Eagles, Giants, Redskins and Cowboys, need I say more? Talk about domination, you're going to be looking at it. I don't expect Steve Spurrier to have a miraculous turnaround with the Panthers, but I see the same thing in this

See NFL Page 8

Passing the pigskin

Base employee given chances of lifetime by giving of his time

By Cpl. Joshua Barnhardt
BARSTOW LOG staff

After an exhausting day at work, some people may love to relax at home watching their favorite sport on television. But Pete Barela's love for sports overflows into a fountain of activity, even after a hard day's work.

After Barela is finished for the day at the water and sewage supervisor for the Installation Division here, he coaches at Silver Valley High School and then coaches 12- and 13-year-old youth football for the Barstow Youth League.

Barela was born and raised in Barstow. He played football for Barstow High School and was given a full scholarship to play football at Northern Arizona University. "I went from high school playing on grass, to playing on turf in a dome," said Barela. "It was awesome."

He was red-shirted his first year, but made the starting lineup as an offensive lineman the next year. He quit later that season after injuring his ankle. "My ankle got caught in the turf and I had to get surgery," said Barela.

When he returned home, he got a

job on MCLB Barstow in the water and sewage plant. "I've been working here for 14 years as an operator and supervisor," said Barela. "I'd like to retire here."

For the past couple of years, Barela has been a volunteer football coach for the Barstow youth league football and recently as a high school coach.

"I've been coaching youth football for five years, and I've coached football at Silver Valley (High School) for four years," said Barela.

His biggest success as a coach and the most fun he has ever had doing it came last year. He was asked to coach a team of 30 kids who had been cut from the 10-, 11- and 12-year old team. "I was asked to coach these kids who had never played football in their life before," said Barela. "We figured we would go 1-7. We had to teach them from scratch," said Barela. "It was the best year I ever had."

They finished the season 5-3 and reached the semifinals of the playoffs. Barela also coached wrestling last year. He was one of the best wrestlers Barstow has ever seen during his high school days. Barela was the state champion in the heavyweight division in 1983.

"I was once the only state champion in town until two years ago, when another wrestler from Barstow won in the heavyweight division," said Barela.

"What you have to do is win league, then go to the 3-A California Inter-



Photo by Cpl. Joshua Barnhardt

Pete Barela runs action drills during practice at Silver Valley High School. Barela volunteers his time as the offensive line and defensive line coach there.



Photo by Cpl. Joshua Barnhardt

Pete Barela, water and sewage supervisor for the Installation Division, instructs players for his Barstow youth football team. Barela volunteers his time to teach football to the youth of Barstow.

scholastic Federation tournament, then win the Southern California Tournament and then take state," said Barela. "There is only one state champion out of 9,400 wrestlers in the heavyweight division when I won it."

He doesn't know if he is going to coach wrestling this year though.

"The football and wrestling seasons overlap, and I wouldn't want to come in during the middle of the season and start coaching," said Barela. "If I'm going to coach, I want to do it for the whole season."

Football is a big part of Barela's family. Two of his sons have played youth football in the past, and one is getting

ready to start next year. His daughter is a cheerleader, and his wife always supports his teams one way or another.

"She is a big support," said Barela. "She is the team mom every year."

The long hours of coaching two teams after a work day can be a grind on Barela, but he doesn't mind.

"He is really involved with the youth in town," said David Unruh, maintenance section branch head for the Installation Division.

"Man, I'm tired," said Barela, during his youth team practice at about 7 p.m.. "But it is worth it." And then he adds in true fashion of a coach and competitor. "As long as we win."

(There are boundaries even my won't cross.)

You ask your wife to hurry up the Vogue magazine so you can see it too. (Does Ebony magazine have any more?)

You walk her sissy dog. (I don't want a dog yet, but you can be darn sure that when I get one, it won't be a dog.)

You willingly buy feminine products for your wife. (This has only hap-

pened once and once was too much.)

Apparently, I'm not as bad off as I think. Oh, wait, I think I hear my wife calling. I'll write again later. Excuse me, Coming, dear!

Editor's Note:

Staff Sgt. Stephen Gude is the training chief for the Consolidated Public Affairs Office at Camp Pendleton, Calif., which publishes THE SCOUT.

ROPES from Page 5

who are unable to do everything expected from them are dropped from the class.

"I remember when we had one Marine who could only do four pull-ups, and in this course that will not cut it," Petty Officer Third Class Jean-Louis Tuoch, SOTG said. "This is a very physically demanding course and not just anyone can come here."

Although excellent physical fitness is a must, students also must pass several other

obstacles to become an assault climber. In addition to climbing, Marines must master a variety of knots and instructors watch the Marines very carefully while testing them on the different knots.

"We have to tie 13 different knots blindfolded and we only have 30 seconds to tie each knot," Cpl. Chris L. Pugh, squad leader, Fox Company. "This course is a gut check. If you're not good with knots, you're going to have trouble."

In fact, approximately 15-20 percent

of students are dropped because they can't pass the rope qualification test, according to Bender. However, students have the opportunity to re-test the following day, but after their second failure, they're dropped from the course.

Marines who pass the climbing qualification, which ends at the top of a mountain, enjoy a bird's eye view of what they conquered, Bender said. "When you're on top of the mountain above the clouds there's no better feeling in the world."

GUNNY’S PICKS

2002 Season

Your
picture
here

Gunny’s Picks will start in the Sept. 5 edition of the BARSTOW LOG for Week 1 of the 2002 NFL campaign. Start studying now to make the right picks and get your face in the Barstow Log, to the envy of all your co-workers who must bow at your superior pigskin knowledge.

To play, you can cut this section out of the BARSTOW LOG, circle your projected winners, pick the total amount of points scored for the Monday night game and put your name, work section, and phone number at the bottom, and drop it off in the “Gunny’s Picks” Bin at the Public Affairs Office in the red wing of Building 15. You can also e-mail your picks along with the total points for Monday night’s game to editor@barstow.usmc.mil. Here is a sample of what the format will be when the season starts.

- | | |
|-------------------------------|----------------------------|
| *NY Jets at Buffalo | Detroit at Miami* |
| *Baltimore at Carolina | *Philadelphia at Tennessee |
| Minnesota at Chicago* | Arizona at Washington* |
| *San Diego at Cincinnati | *St. Louis at Denver |
| Kansas City at Cleveland* | Seattle at Oakland* |
| Atlanta at Green Bay* | New Orleans at Tampa Bay* |
| *Indianapolis at Jacksonville | *Dallas at Houston |

Monday Night

*Pittsburgh at New England
Total points:_____

Name, work section and phone number: _____
Monday night’s game is a tie-breaker and must include a total score.

NFL from Page 7

team as the Rams had when they made the run to the Super Bowl in 2000. This is going to be a high-powered offense, but unlike the Rams, they have a defense that can wreak havoc on some teams. The “Fun-n-Gun” will cause a lot of frustration throughout the league and it’s already started - check the pre-season scores. Much as I’d like to say look for the Skins in the Super Bowl, I can’t see it this year. That covers the National Football Conference, Now let’s see what the American Football Conference can counter with. Ummmm...seems to me that the last Super Bowl winner came out of the AFC East. Now what was the name of that team? Oh yeah, the New England Patriots. Can you say repeat for the Brady Bunch? Perish the thought. The Pats repeating as champions is like having three feet of snow in the summer in Baker, Calif. – isn’t going to happen. I see the division finishing in the following order: Jets, Pats, Dolphins and the Bills.

In the AFC South, figure the Titans taking this, easily. Houston has another

team, David Carr as the quarterback is dangerous but the rest of the starters, which were paid mega dollars, are hurt and the regular season hasn’t started yet. Not a good way for a new team to start its inaugural season. However, if head coach Dom Capers works this team as he did with the Carolina Panthers in his second season there, the Texans will make some noise. Only it will not happen this year. The division will finish with the Titans on top, followed by the Colts (Tony Dungy will have a Colts defense finally), the Jaguars and Texans.

The Steelers will dominate the AFC North, followed by Butch Davis’s Browns, the Ravens, and Bengals. No real surprises here especially when you consider that Slash (Cordell Stewart) finally put himself together and has become a leader of this team. Offensively the Steelers are fine, but it’s the defense that will get them to the promise land. In the off-season, Ray Lewis signed a monster contract with the Baltimore Ravens, but it’s going to take a lot more than one man to get the team back in the Super Bowl hunt. Chris Redmon is a much better quarterback

than whats-his-name, Elvis Grbac, and with the return of Jamal Lewis the Ravens are in good shape. Only not good enough to make a championship run.

The AFC West is in shambles. Okay, so the Raiders will be up to their usual run, only it becomes a lot more intriguing with a new coach. Kansas City is much improved but I think Dick Vermiel has another year before the Chiefs can become serious contenders for the AFC crown, or the Super Bowl for that matter. With the addition of Marty Schottenheimer as head coach and Drew Brees as quarterback, look for San Diego to bring the noise in the west. I haven’t counted out the Broncos completely, because the team does have a tendency of surprising the league when you think they’re through, out of it, finished.

There you have it folks, the 2002 NFL season as I think it will go. In a week or two, I’ll give you my real playoff contenders and whom I think will make it to the “Big Show” this year. Until then enjoy the opening games, and don’t cry too much if your team loses. Remember, there are still 15 more games to go.

DIET from Page 5

tion and over-the-counter drugs, dietary supplements aren’t required to undergo FDA testing and approval before sale. The FDA is responsible for taking action against unsafe products only after they hit the market.

According to Cmdr. Alan Philippi, occupational and environmental medicine directorate at Navy Environmental Health Center Portsmouth, Va., some operational commands

have determined there is a need for policies limiting the use of dietary supplements based upon guidance from medical personnel. According to FDA estimates, there are about 29,000 different dietary supplements available today and Americans spend an estimated \$700 million on them each year.

Like prescription and over-the-counter drugs, Navy Medicine advises personnel to review all related facts before use.

“You need to look at what products say they do and where the evidence is to back it up,” said Holder.



By Jim Gaines
MCCS Publicity

MCX September sales and specials

Labor Day Sale: This seven-day special sale (Sunday through Sept. 7) features discounts like these: 10 percent off regular priced electronics, 20 percent off all red ticket items (clothing and electronics), and 30 percent off Goldstar microwaves.

Soft Drink Special: Monday through Sept. 15 - only \$1.99 for 12-pack Coke or Pepsi (10 cases maximum per customer, per visit).

Marine Corps Exchange Anniversary Sale: Sept. 5 through 19 - big savings throughout the store. Stop by and look over the bargains and discounts during this sale.

Jacket Special: Save 30 percent off all jackets starting Monday and continuing throughout the month.

Sales and specials apply to both the Super 7 Store and the Railhead Exchange.

The Super 7 Store is open Mondays through Fridays 6:30 a.m. to 9 p.m., Saturdays 8 a.m. to 9 p.m. and Sundays 10 a.m. to 6 p.m. Call 256-8974 for more information.

The Railhead Exchange is open Mondays through Fridays 8 a.m. to 3 p.m. During troop rotations it is open Mondays through Fridays 8 a.m. to 8 p.m., and Saturdays and Sundays 10 a.m. to 5 p.m. Call 577-7092 for more information.

Lunch menu

Unless otherwise indicated the lunch menu for the Cactus Cafe is the same as the Family Restaurant.

Today - Chicken cordon bleu with rice pilaf.

Friday - Baked trout, sauteed mushrooms and onions with mashed

potatoes.

Monday - Country fried steak with mashed potatoes and gravy.

Tuesday - Vegetable and chicken stir fry with fried rice.

Wednesday - Hot roast beef and cheddar cheese sandwiches with potato salad.

Thursday - Family Restaurant: soup and salad bar. Cactus Cafe: Three-piece fried chicken with mashed potatoes.

Call in Cactus Cafe lunch order to the Family Restaurant at 577-6428/6429 no later than 9:30 a.m.

You can order a la carte or sub sandwiches instead of or in addition to the posted menu. This applies to the Family Restaurant and the Cactus Cafe.

Prices: \$3 military, \$4.50 civilian. Includes roll/butter, vegetable and drink of choice.

The short order food service truck will be at Building 573 at the Yermo Annex Mondays through Fridays from 11:30 a.m. to noon.

Family Night Dining

Tonight - Fried chicken, mashed potatoes, tossed green salad and dessert.

Sept. 5 - Lasagna and spaghetti with garlic bread, tossed green salad and dessert

Family Night Dinners served every Thursday from 4:30 p.m. to 7:30 p.m. Everyone welcome. Prices \$5.50 adults, \$3.50 children 5 to 11 years. Children under 5 years are free.

Commanding Officer's Golf Tournament

**Sept. 7 is the Annual
Commanding Officer's Golf Tournament
at Tees n' Trees Golf Course.**

The format will be scramble. Four-person teams (make your own or Tees n' Trees can assign you to a team). There is a \$20 entry fee per person (cart not included). Lunch, trophies, door prizes and fun. Call 577-6431 for details.

MCCS LABOR DAY HOLIDAY CLOSURES FOR MONDAY

**The Super Seven store
will be open from 10 a.m. to 6 p.m.**

**The Family Restaurant will be open from
9 a.m. to 2 p.m. with menu service.**

**The Gym/Fitness Center will be open
from 8 a.m. to 3 p.m.**

**The Tees n' Trees Golf Course will be
open from 6 a.m. to dusk.**

**ALL OTHER MCCS FACILITIES
WILL BE CLOSED MONDAY.**

1998 DODGE DURANGO SLT: 5.2L engine (318), 4-speed automatic trans. w/overdrive, P/W, P/S, part-time shift on the fly 4-wheel drive, overhead console w/minitrip computer, AM/FM/CD player with equalizer, CD changer control, 12-disc CD player, cloth seats, towing package, heavy duty cooling, 61,500 miles, \$18,000. Call 252-3778.

1987 NISSAN 300ZX: Red, good condition, good tires, engine runs good, A/C, P/W, PDL, 5 speed, may need throwout bearing and minor tune up, \$3,200, OBO. Call 252-2269 AWH.

MOTORCYCLES: 1999 Honda shadow, American Classic Edition, 750 cc., BLK/Chrome 13k miles, xlt. cond., \$4,000 firm, includes 3 helmets, rear seat, reflector vest. DMV renewal in Sept. Contact Sgt. Joseph Lee at 255-1275 AWH.

MOTORHOME: 1996 Challenger R.V. Motorhome, 33' long, fully self-contained, w/6.5 KW Onan Generator, 21K miles, xlt shape and mechanical condition, lots of amenities, too much to list \$34,500 OBO. Call for details 252-1817.

MOTORHOME: 1978 motorhome, Dodge Winnebago, Minni Winni, stove, fridge, roof, A/C, generator, sleeps 6, runs good, needs some interior/exterior work, priced to see \$1,800. Call Ron 252-5365 AWH.

MISCELLANEIOUS: 1999 Honda CR80 dirt bike, bought in 2000, race ready, race tech suspension front and rear, recent top end overhaul, new clutch, renthal bars, lever guards, oversized chain, good tires, spare air filter, tires, plastic, etc. owners/service manual, very clean, \$2,300, OBO. Call Ron 252-5365 AWH.

MISCELLANEOUS: 2000 Yamaha YZ 125 great shape, hours driven low, good tires, \$3,000. Call Ron 252-5365 AWH.

MISCELLANEOUS: 2000 Yamaha Blaster ATC, 200cc motor green sticker, \$2,300. Call 253-2858 ask for Domingo.

MISCELLANEOUS: Marcy EM1 Pro Universal Home Gym, steel plates, lat station, ab section, leg station, etc., very good condition \$600, OBO. Call 252-2269 AWH.

MISCELLANEOUS: 1996 Caravan trailer w/spare tire for single jet ski 5' x 12' registration good until September 2002, \$300: 1997 Axte/longrun trailer w/spare tire for single jet ski 6 ½ ' x 13 ½', registration good until August 2002, \$400, for more info call Randy 252-2311

MISCELLANEOUS: Sell or trade 5th wheel 15' x 8' F199 Jeep Wrangler, best offer. Call 254-3675 AWH.

MISCELLANEOUS: 16 ft. car hauler trailer, extra wide with 4 ft. mesh ramp, diamond plate deck, elect brakes good tires w/spare, heavy duty jack, good condition, used very little, \$1,100. Call Ron 252-5365 AWH.

MISCELLANEOUS: 315.75-R16 Tires (4) on 16x10 Eagle alloys 143, 8 lugs, \$1200, Call 253-2858 ask for Domingo.

MISCELLANEOUS: Truck tires, LT 235-85-R16, good condition, \$30 each, Call 256-6629.

MISCELLANEOUS: Futon metal bunk bed, desk, and dresser. Call 252-1311 for more information.

MISCELLANEOUS: Green queen sleeper sofa, \$400. Call 254-2295 Lv msg.

MISCELLANEOUS: Home theater speakers, two-3 way bass reflex front speakers, 37.5" tall, black ash, 170 W, one center speaker, black ash \$100 takes all three. Call 255-3009.

MISCELLANEOUS: Sofa, loveseat, pillow back set, \$600, 3-pc coffee table, end table, glass top set, \$250, Oak dinning table padded chars, \$200, turntable microwave \$75, moving must sell, all are new, 255-3009.

MISCELLANEOUS: Wood microwave cart with 2 shelves, drawer, towel bar \$100; swivel rocker-recliner \$250. Call 254-2295 lv msg.

MISCELLANEOUS: Amana gas dryer, 100. Call 253-2394.

MISCELLANEOUS: G. E. Refrigerator, frost free, White, 18 Cu. ft., xlt. Cond., \$150. Call 256-6629.

MISCELLANEOUS: Microwave oven Sharp \$25; coffee table \$10, IDE Zip 100 MB internal drive \$25; arcade Pong game from Japan 2

AD PLACEMENT

Non-business BARSTOW Log Classified Ads are free for base employees and active or retired service members and their family members. Non-business ads may be submitted to:

editor@barstow.usmc.mil

To place business-related adds call:

Aerotech News and Review
(661) 945-5634

player table top \$200; laser disk player RS232 output, \$75. Call 252-7789 AWH.

WANTED: 2-door Honda Civic 1988 or newer, running or not, also 2-door Acura 1992 or newer, running or not. Honda car parts and Acura car parts. Call 254-1913.

WANTED: TV, DVD player and surround sound system, one or all components. Call 254-1913.

